

Exercises for the Peanut



Barrel Rolls – Front Limbs Up



Down On Peanut



Sit (With Gentle Weight Shift)



All 4 On



Nose To Hip

FitPAWS® Peanut

The FitPAWS® Peanut is a peanut-shaped stability ball designed for canine core conditioning. The professional-grade heavy-duty PVC material is formulated for use with dogs, provides superior gripping and resists damage caused by dog nails.

It is used for core conditioning of sporting and working dogs as well as for animal rehabilitation and therapy. The unique shape of the peanut limits its movement to front/back or side/side, important for dogs new to this type of training. You can also adjust the balance challenge by under-inflating so that the ball is not so firm.

Helpful inflation hint

The Peanut is inflated by measuring to a desired height, not by air pressure (psi.) The size printed on each FitPAWS® Peanut is the maximum inflation height the ball is designed for. You can always use the ball less inflated, if you wish, so that it is easier for your dog to balance on.

The FitPAWS® Peanuts can be inflated with an air pump or compressor that has a cone-shaped attachment. If you want to reach the maximum height but feel like the ball cannot take more air, leave it overnight partially inflated with the plug in the ball. The material will soften and expand a little and be easier to fill. The next day continue to inflate to desired size. When you have reached the desired height, make sure you press the plug all of the way in, until the head of the plug is flush with the ball's surface. This will ensure a good seal.

At maximum height, the FitPAWS® Peanut will feel tight and be the most challenging for your dog.

Inflation hand pump included

Cat. No	Description
279862	FitPAWS® Peanut, 70 cm, yellow
279863	FitPAWS® Peanut, 80 cm, red



FitPAWS® Sizing Guidelines

Choosing the correct size and shape of ball for your dog depends on what type of exercises your dog will be doing on the ball. The size printed on the ball is the maximum inflation height. You can decide whether or not you want to inflate the ball to its maximum height or inflate to a lesser height. Never go over the maximum height printed on the ball.

If you plan to use your ball mainly for core conditioning, measure the length of your dog when it is standing from the front legs to the back legs. Your dog should be able to stand in a natural stance on the top of the ball without being hunched over.

You can always use a large ball for a small dog but not a small ball for a large dog. If you have more than one dog, choose a size that fits your largest dog. You may find it more comfortable for your own back to work with your dog on a larger/taller ball. Using a larger ball for a small dog also has the added benefit of providing more surface area to work on. The FitPAWS® Peanut provides an elongated surface training area.

For natural stances	Use this size Peanut
Up to 50 cm length	40 cm, 50 cm, 60 cm, 70 cm, 80 cm
Up to 60 cm length	50 cm, 60 cm, 70 cm, 80 cm
Up to 75 cm length	60 cm, 70 cm, 80 cm
Up to 102.5 cm length	70 cm, 80 cm
Up to 140 cm length	80 cm

For weight bearing activities (when a dog is standing partially on the ground and partially on the ball) choose a ball that is slightly under your dog's withers (or highest part of the shoulders where the neck meets the back.) If you need a ball smaller than the 40 cm, consider purchasing the 40 cm and decrease the amount of air you pump in so that the ball is shorter than its maximum height of 40 cm.

Shoulder height	Use this size Peanut
40 - 48 cm	40 cm (39 cm tall at maximum inflation)
49 - 58 cm	50 cm (49 cm tall at maximum inflation)
59 - 68 cm	60 cm (59 cm tall at maximum inflation)
69 - 78 cm	70 cm (69 cm tall at maximum inflation)
79 cm -	80 cm (79 cm tall at maximum inflation)

The FitPAWS® Peanut is a good choice for beginners and for weight-bearing exercises as the unique shape of the peanut provides an easier balance challenge and rolls in one direction or plane at a time.

FitPAWS® Hand Pump

Fast dual-action pump. We recommend this pump for inflation of FitPAWS® exercise balls. The pump comes with two attachments — a cone-shaped attachment for inflatables and a needle attachment for inflating/deflating.



Cat. No	Description
279867	FitPAWS® Hand Pump